

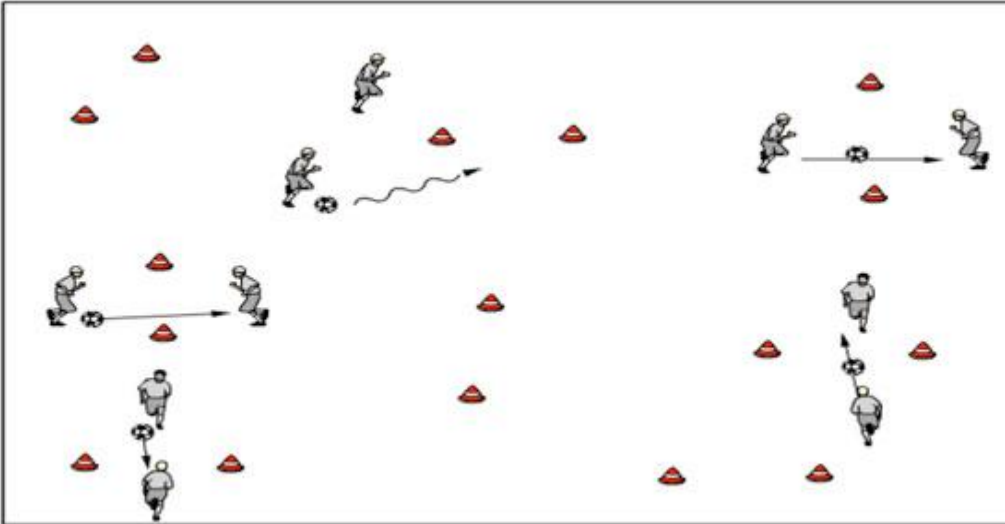
# U10 Games/Activities

## 1 v1 Dribbling to Multi Goals



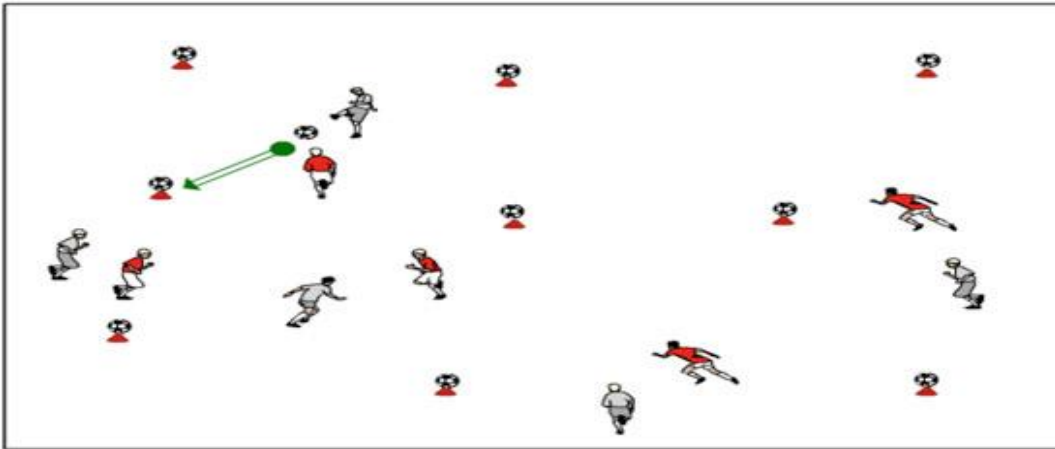
Organization: Players in groups of 2 with one ball per group. Create a circle of goals around the players. Attackers try to beat defenders and score in any of the goals. Goals can only be scored from the inside of the circle outwards and never in the back of the goal. If a player scores they must then attack another goal. The same goal cannot be attacked twice in succession. If the defender wins the ball they become the attacker. Play for 60 second and whoever scores the most goals wins.

## Multi Goal Passing



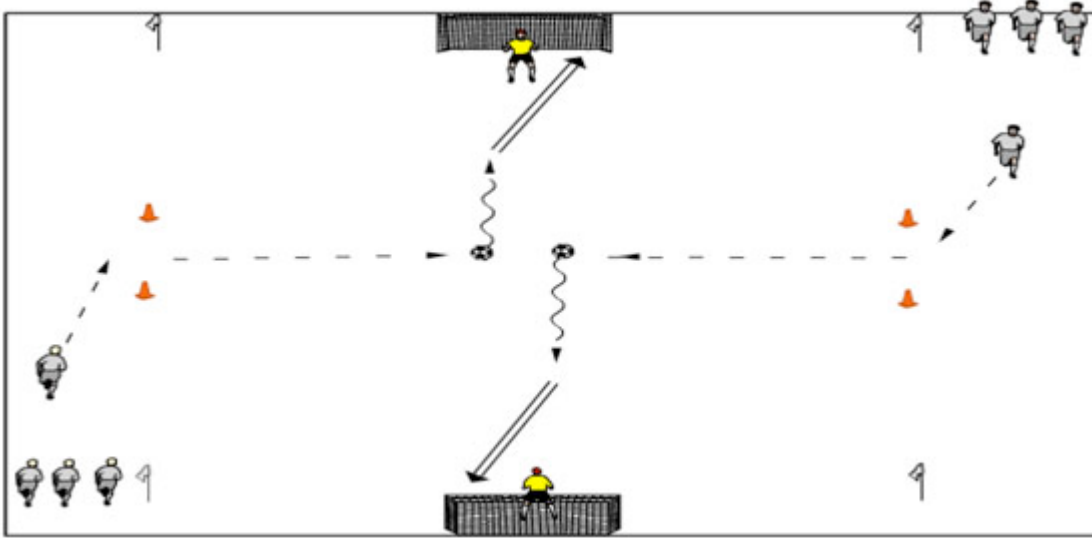
**Organization:** Set up random goals (cones 2-3 yards apart) within the playing area. Divide the players into pairs with one ball between each pair. On the coach's command the players try to score as many goals as possible by passing the ball through the goals to their partner and then moving to the next goal. Play 60 second rounds and then tally up the goals. Progression – challenge the players by asking them to pass the ball through the goals in different ways e.g. outside of foot, heading, diving header, feed and volley.

## Target Ball



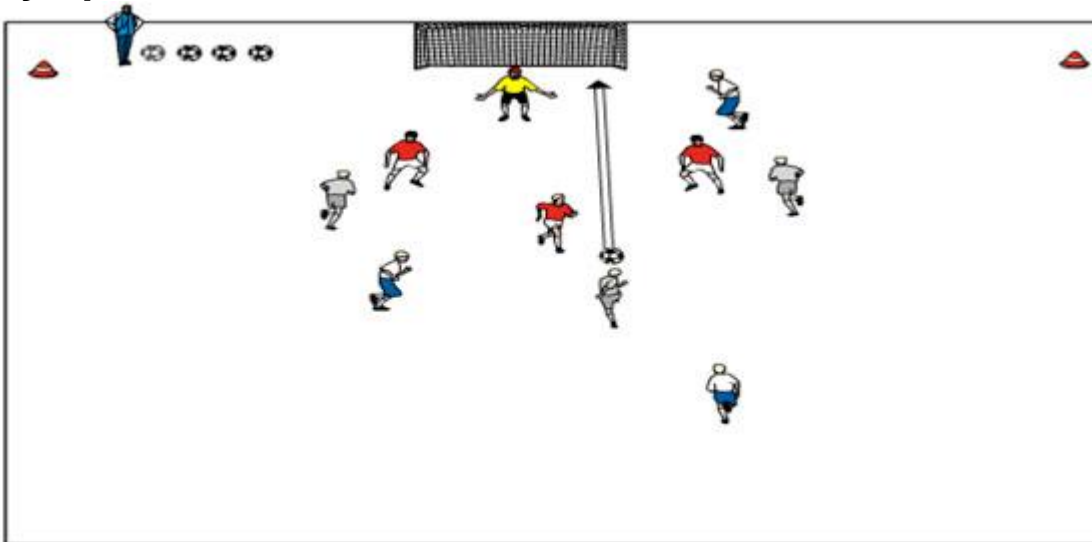
**Organization:** 40 x 30 training area. Divide players into two equal teams. A set number of target balls are balanced on cones and distributed randomly throughout the training area. An additional number of balls is placed outside of the training area. One team attacks and one team defends. The attacking team tries to dislodge as many target balls as possible. The defending team tries to protect the cones and win possession of the ball. If the defending team wins the ball they play it outside of the training area. The attacking team has a set number of balls to dislodge as many target balls as possible but there can only be one ball in the training area at any one time. After a team has used all their balls the teams switch roles. The team that's knocks over the most target balls wins the game.

## MLS Shootout



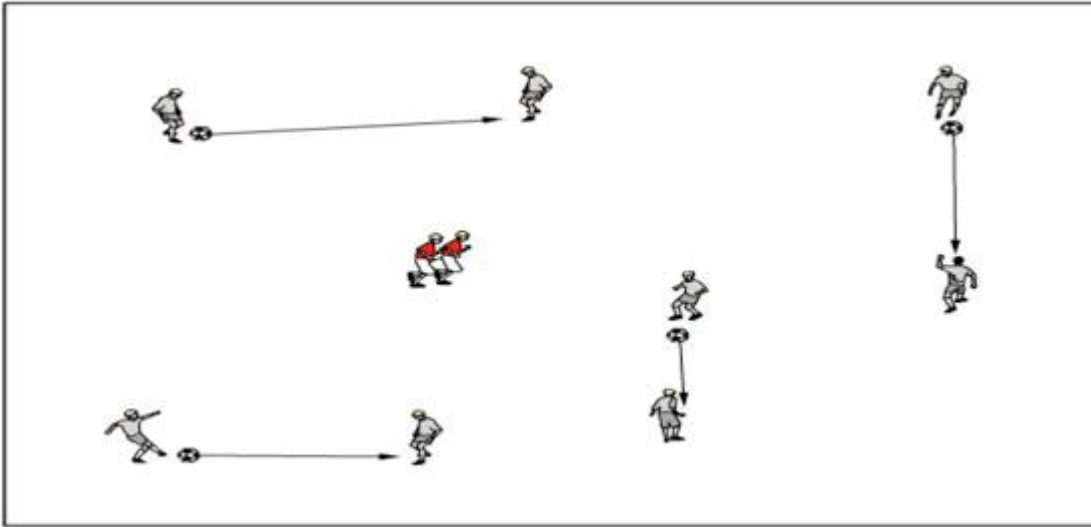
**Organization:** 40 x 30 training area with large goals, GKs and two balls placed in the center of the field. Divide players into two equal teams, numbered 1 - 4 and stationed diagonally opposite on each end line. The coach calls out a number and those players must run through the cone gates before entering the field. The first player to score wins.

## Olympics



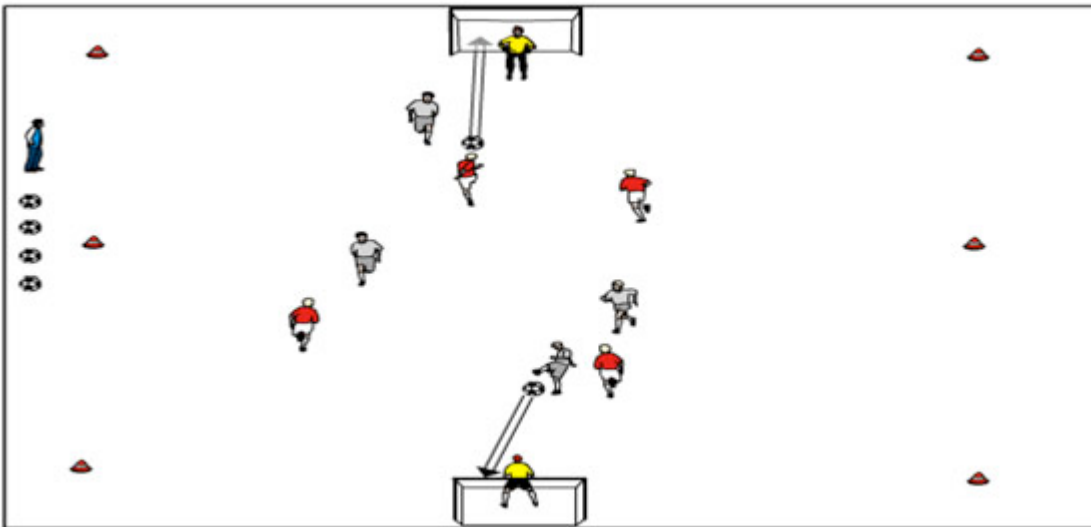
**Organization:** Three teams of 3 players plus a GK. Game is played to one goal. The coach has a number of balls ready to play in. Each team of three picks a country name. When team scores they run off the field and yell their country name. The first team to score gets a gold medal. The remaining two teams play for silver and bronze. Play five or six times and see who is at the top of the medal table.

## Partner Pass Tag



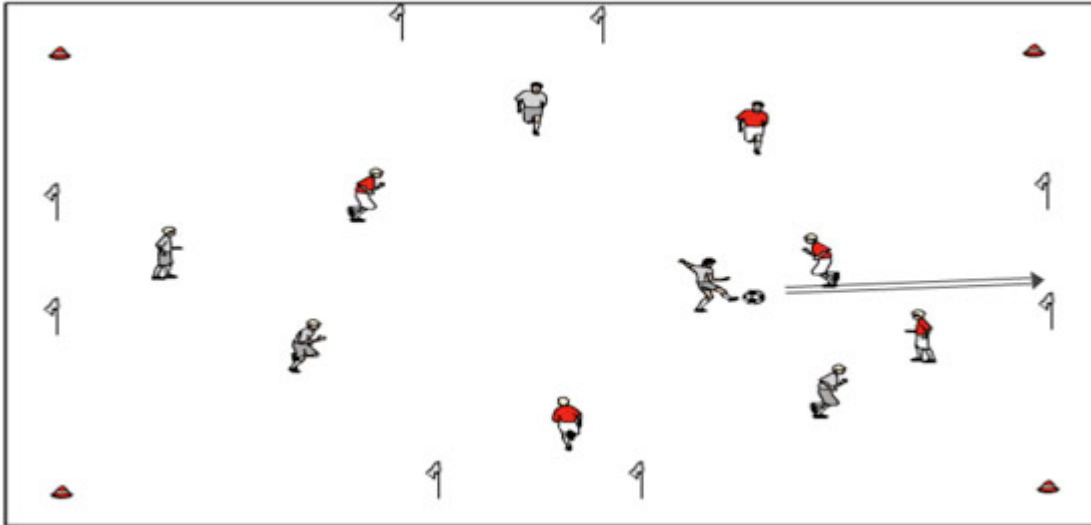
**Organization:** Players pair up and share a ball. One pair does not have a ball and they hold a pinnie between them. They are "it". They try to tag anybody that has a ball. Pairs that have a ball can only pass to each other. If someone that has a ball gets tagged, they, along with their partner become "it" and the "it" players now take their ball and try to prevent being tagged.

## Balls Galore



**Organization:** 4 v 4 plus GKS in a 40 x 30 training area. Play a normal small-sided game with the exception of playing with multiple balls fed in by the coach.

## 1. Four Goal Game



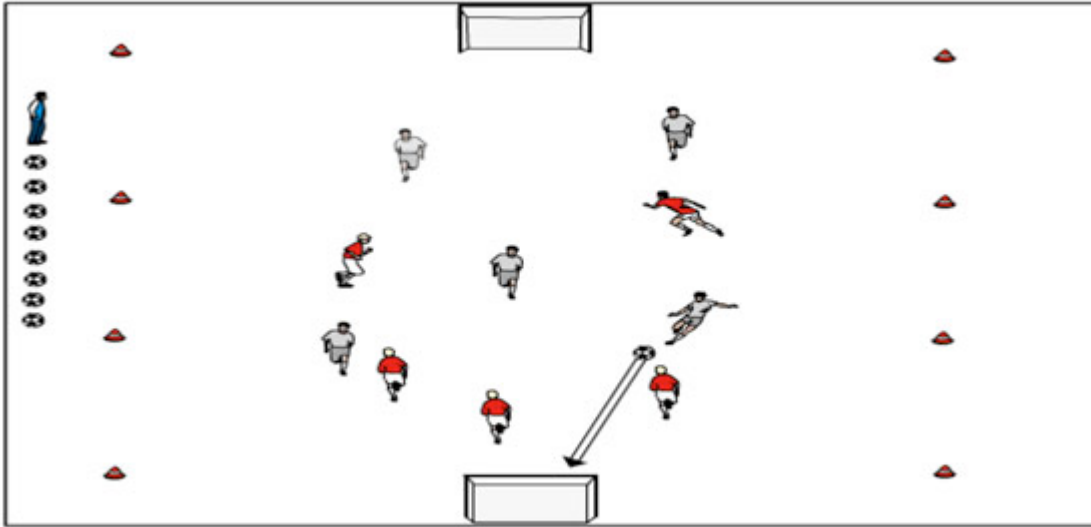
**Organization:** Play 5 v 5 in a 40 x 30 training area. Players defend and attack two goals.

## Get Outta Here



**Organization:** 30 x 20 training area. Divide players into two equal teams. Each team stands to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.

## Boss of the Balls



**Organization:** Play 4 v 4 or 5 v 5 to small goals in a 30 x 40 field. The coach is in the middle of the field and on the side. Coach is the “boss of the balls”. Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.